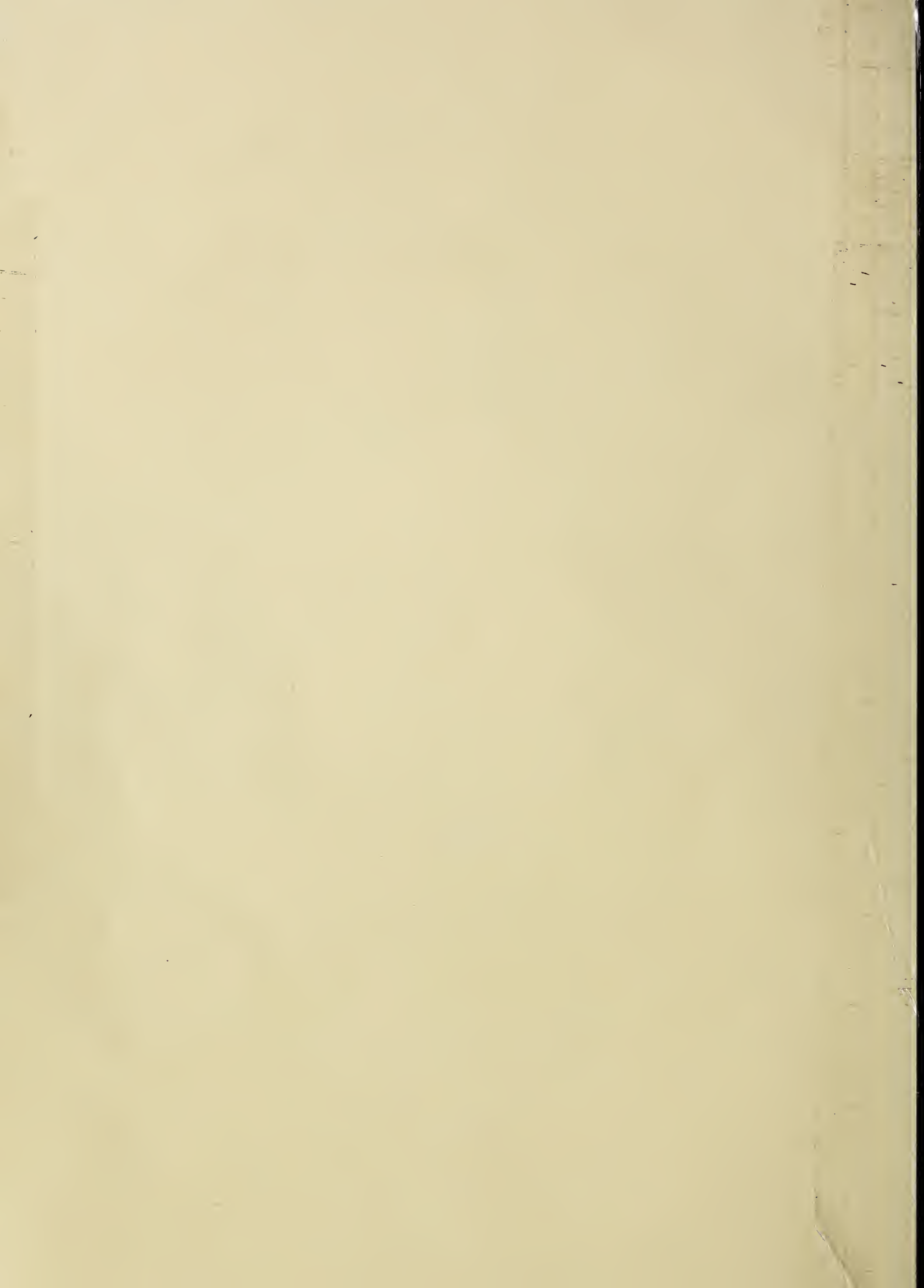


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The sample meal plan for a month shown here may help families receiving food stamps and others who want to economize on food to obtain nutritious diets. The meal plan includes menus for a month's meals and lists of foods and recipes to provide the meals for a family of four persons. 1/

The month's menus with food lists are presented separately for four periods. Periods I, II, and III are for 1 week; period IV is for 10 days. Recipes for foods starred (\*) on the menus are shown alphabetically starting on page 11.

The month's menus, which contain foods available in most stores across the country, illustrate some ways food can be combined into economical and nutritious meals. Here are some tips for planning other economical meals for the family.

#### Food needs:

Each person in the family needs a variety of foods each day to provide energy and nutrients such as protein, vitamins, and minerals. To help get this variety of foods--

- Serve meals, including a good breakfast, regularly each day. Have nutritious snacks too, if desired.
- Plan each day's food around the four food groups:

Milk and foods made from milk....  
cheese, ice cream, ice milk,  
yoghurt.

Meat and poultry, fish, eggs, dry  
beans and peas, peanut butter.

#### Vegetables and fruit.

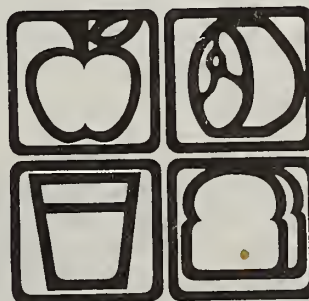
Breads and cereals--including pasta, rice,  
and grits--that are whole grain or  
enriched.

#### Food costs:

For economy, select the less expensive foods from each of the four food groups--

- Check specials in food store advertisements.
- Look at each food critically:  
Is it costly compared to other foods that might be served?  
Will the family eat and enjoy it?  
Is there time to prepare it?
- Learn to estimate accurately the amount of food needed to feed the family. No eating pleasure or nutrients come from food that is bought and discarded.
- Use unit pricing to find the brand and container size of food that costs the least per unit--pound, ounce, or pint. Even if it's a better buy, select a food only if it can be stored properly and conveniently and used without waste.
- Avoid foods that are packed as individual servings. The extra packaging usually boosts the price. Examples are individual packs of potato chips, ready-to-eat cereals, raisins, and tea.
- Check the date on a perishable food. Be sure all of the food can be used before it spoils.
- Use meat, poultry, and fish sparingly--usually no more than a small serving for each person daily. Use some egg, cheese, dry beans, dry peas, or peanut butter, too. These foods provide protein and most other nutrients that meat supplies.

- 1/ The thrifty food plan, the least expensive of the USDA's four family food plans, was used as a basis for the month's meals. For additional information about the thrifty food plan, how it was derived, and how its costs are estimated each month, see "The Thrifty Food Plan" CFE (Adm.)326, Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Maryland 20782.



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CATALOGING



- When buying meat, consider the amount of lean meat in the cut, as well as the price per pound. A relatively high-priced cut of meat with little or no waste may provide more meat for your money than a low-priced cut with a great deal of bone, gristle, or fat. Chicken and turkey are often bargains compared to other meats. Fish is often a good buy, too. One way to find the best buy is to compare the cost of packages of meat, poultry, and fish that will provide enough for a family meal. It may help control costs to set a top limit on the amount to spend for meat for the main meal of the day, or set an average amount to spend allowing for some medium and some low-cost items throughout the week.
- Use nonfat dry milk, which is less expensive than fluid milk, in cooking, and as a beverage at least part of the time.
- Buy fresh milk at a food or dairy store in 1/2 or 1 gallon containers. Milk, home delivered or from special service stores, and milk in small containers usually costs more.
- When buying vegetables and fruit, take advantage of seasonal abundance. Foods in season will be at their peak in quality and often are lower in cost. However, some vegetables and fruits, even in season, may not be within your budget.
- Try low-priced brands. They may be similar in quality to more expensive ones.
- Use whole-grain and enriched flour, bread, or cereal in some form at every meal to get your money's worth in nutrients. Enriched bread and flour are important for iron and certain B vitamins they contribute; fortified cereals, for other nutrients as well. In addition to the many nutrients they supply, whole-grains, especially bran, provide fiber which is necessary for the normal functioning of the intestinal tract.
- For economy, use cereals prepared at home rather than instant or ready-to-eat ones most of the time. When buying ready-to-eat cereals, select those that are not sugarcoated and, if practical, those in family-size boxes.

- Consider cost and the quality of the finished product in deciding whether to buy convenience foods. The time for and interest in cooking will also influence choices. Some foods are easy to prepare yet inexpensive. Among these are many canned and frozen vegetables, fruits, and juices; instant dehydrated potatoes; canned and dried soups; nonfat dry milk; bread; prepared mixes for making biscuits and cakes, and some ready-to-eat and "quick" cereals.
- After groceries are brought home, check them critically. Are choices economical compared to other choices that might have been made? Were some foods bought that were not on the list? If so, can they be justified as important for meeting food needs, being real bargains, or providing a worthwhile taste treat?

#### Cost of the week's meals:

The cost of foods required to prepare meals for 7 days for Periods I, II, and III are similar. The cost for Period IV, 10 days, is higher. The costs for 7 days shown below for families of various types reflect U.S. average prices in summer 1977:

Elderly couple .....	\$ 24
Family of four, couple with 2 preschool children .....	34
Family of four, couple with 2 elementary school children .....	39
Family of six, couple with 3 elementary school children, 1 teenage boy .....	55
Family of eight, couple with 3 elementary school children, 2 teenage boys, 1 teenage girl ...	71

These estimates assume that families---

--buy all their food and prepare it at home.

--pay prices similar to those paid by families across the country.

If some family members eat meals away from home, your food bill should be lower than the estimate. Also, if you are an unusually careful shopper or if you shop in a store or area with unusually low prices, your cost might be lower. If, on the other hand, you select the more expensive brands of food and more costly container sizes, if you overbuy and have to discard some edible food, or if the prices in your stores or area are especially high, you may pay more than estimated.

PERIOD I (7 DAYS): FOOD FOR A FAMILY OF FOUR 1/

Meat and Meat Alternates

- Ground beef, regular
- Liver, beef or pork
- Pork picnic, cured, bone-in
- Chicken, fryer, whole
- Bologna
- Tuna fish, chunk-style
- Eggs, large
- Peanut butter
- Split peas, dry
- Kidney beans, canned

- .50 lb
- .67 lb
- 3.25 lb
- 2.50 lb
- 6 oz
- 6-1/2 oz
- 13 eggs
- 7 oz
- 9 oz
- 1 lb

Frozen:

- Broccoli
- Mixed vegetables
- Orange juice, concentrate

- 10 oz
- 10 oz
- 12 fl oz

Dry:

- Raisins

- 3 oz

Breads, Cereals, and Cereal Products

- Flour, enriched
- Gingerbread mix
- Muffin mix
- Pancake mix, complete
- Cornmeal, enriched, self-rising
- Roller oats (oatmeal)
- Farina, enriched
- Ready-to-eat cereal
- Macaroni, enriched
- Rice, regular, enriched
- Bread, white, enriched (88 sl)
- Refrigerator biscuits
- Saltine crackers
- Graham crackers
- Pound cake
- Cookies
- Chicken rice soup, condensed

- 1 lb 2 oz
- 14 oz
- 7 oz
- 7 oz
- 10 oz
- 5 oz
- 6 oz
- 18 oz
- 13 oz
- 7 oz
- 4 22-oz loaves
- 8 oz
- 4 oz
- 5 oz
- 1 lb
- 1 lb
- 10-1/2 oz

Milk, Cheese, and Ice Milk

- Milk, fluid, whole
- Cheese, American process
- Ice milk
- Nonfat dry milk (7-1/2 qt)

- 5 qt
- 18 oz
- 1 qt
- 1-1/2 lb

Vegetables and Fruits

Fresh: 2/

- Cabbage
- Carrots
- Celery
- Lettuce (1 head)
- Onions
- Potatoes
- Tomatoes
- Apples (6 med)
- Bananas (6 small)
- Oranges (2 med)
- Pears (4 small)
- Plums (6 small)

- 1 lb 4 oz
- 8 oz
- 14 oz
- 1 lb
- 13 oz
- 5 lb 5 oz
- 1 lb
- 2 lb
- 2 lb
- 11 oz
- 1 lb
- 12 oz

Canned:

- Pickles
- Green beans
- Peas
- Tomatoes
- Peaches

- 4 oz
- 1 lb
- 1 lb
- 1 lb
- 29 oz

Sugars and Sweets

- Granulated sugar
- Brown sugar
- Flavored gelatin, dry mix
- Pudding, dry mix
- Pudding, vanilla, dry mix regular
- Jelly
- Sirup

- 1 lb 12 oz
- 2 oz
- 2 3-oz pkg
- 1 4-oz pkg
- 1 4-oz pkg
- 6 oz
- 2 fl oz

Other Food 3/

- Coffee, tea
- Lemon juice
- Baking powder
- Bouillon, chicken
- Spices
- Flavorings

1/ Average food needs for 4-person households that receive food stamps, following the thrifty food plan. Amounts shown are for food actually used during the period. Staple foods that can be stored for later use may be purchased in larger quantities than listed.  
2/ Substitute other fruits and vegetables in season if they are better buys than those shown.  
3/ Purchase as needed to use in recipes and for preparation of other foods.

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# PERIOD I (7 DAYS): MENUS FOR A FAMILY OF FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange juice (2 c) Eggs (4) Pancakes Sirup (4 T) Beverage	Orange juice (2 c) Oatmeal (2 c dry) Toast (4 sl) Beverage	Bananas (2), sliced Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Toast (4 sl) Beverage	Pears (4), quartered Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Oranges (2), halved Farina (1 c dry) Toast (4 sl) Beverage	Cinnamon peaches (2 c) Ready-to-eat cereal (6 oz) Coffee cake* (1/2 cake) Beverage
L U N C H	Baked picnic shoulder* (slightly more than 1/3 of 3-1/4 lb roast) Scalloped potatoes Green beans Refrigerator biscuits Ice milk (2 c) Beverage	Cheese (5 3/4-oz sl) sandwiches (5 sand) Celery sticks (1 c) Apples (4) Beverage	Split pea soup* Saltine crackers (20) Plums (6) Pound cake (1/3 cake) Beverage	Peanut butter (8 T) & jelly sand- wiches (5 sand) Carrot strips (3/4 c) Bananas (4) Beverage	Tuna and macaroni* Celery sticks (1 c) Gingerbread (1/2 cake) Beverage	Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Apple-raisin slaw (1/2 salad) Gingerbread (1/2 cake) Beverage	Chicken rice soup Bologna (6 oz) sand- wiches (5 sand) Pickles Beverage
D I N N E R	One-pan macaroni & cheese* Gelatin salad (with celery, dressing) Toast (4 sl) Pound cake (1/3 cake) Beverage	Ham hash* Steamed cabbage (1/2 head) Cornbread (1/2 pan) Pound cake (1/3 cake) Beverage	Chicken pie with vegetables* Lettuce and tomato (1/2 lb) salad with dressing Cornbread (1/2 pan) Ice milk (2 c) Beverage	Ham, cheese, and rice* Peas Sliced tomatoes (1/2 lb) Muffins (6) Pudding Beverage	Creamed chicken* Toast (4 sl) Mashed potatoes (4 med) Apple-raisin slaw* (1/2 salad) Beverage	Liver and onions* Parslied potatoes (4 med) Broccoli Bread (4 sl) Rice pudding* Beverage	Chili con carne with beans and maca- roni* Lettuce salad with dressing Bread (4 sl) Gelatin with 1 c peaches Beverage
S N A C K	Cookies	Cinnamon toast (6 sl)	Graham crackers (12)	Toast (6 sl) and jelly	Cheese (4 3/4-oz sl) and saltine crackers (20)	Graham crackers (8) and peanut butter (4 T)	Coffee cake (1/2 cake)

\* Recipe included.

Notes: Amounts of some foods that the family is expected to use are shown in parentheses ( ). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.



# PERIOD II (7 DAYS): FOOD FOR A FAMILY OF FOUR 1/

## Meat and Meat Alternates

Beef, chuck roast, bone in 4.00 lb  
 Ground beef, regular 1.34 lb  
 Chicken, fryer, whole 2.25 lb  
 Frankfurters 1.00 lb  
 Eggs, large 15 eggs  
 Lima beans, baby, dry 5 oz  
 Peanut butter 8 oz  
 Beans in tomato sauce 1 lb

## Milk, Cheese, and Ice Milk

Milk, fluid, whole 5 qt  
 Cheese, American process 19 oz  
 Ice milk 1/2 gal  
 Nonfat dry milk (7-1/2 qt) 1-1/2 lb

## Vegetables and Fruits

Fresh: 2/  
 Carrots 12 oz  
 Celery 12 oz  
 Lettuce (1 head) 1 lb  
 Onion 15 oz  
 Potatoes 5 lb 10 oz  
 Apples (6 med) 2 lb  
 Peaches (4 small) 1 lb  
 Plums (8 small) 1 lb

## Canned:

Mixed vegetables 1 lb  
 Sauerkraut 1 lb  
 Tomatoes, stewed 1 lb  
 Tomato sauce 8 oz  
 Tomato paste 6 oz  
 Pear halves 1 lb

## Sugars and Sweets

Granulated sugar 15 oz  
 Brown sugar 15 oz  
 Flavored gelatin, dry mix 2 3-oz pkg  
 Pudding, dry mix, regular 1 4-oz pkg  
 Sirup 4 fl oz  
 Jelly 6 oz

## Breads, Cereals, and Cereal Products

Flour, enriched 1 lb 11 oz  
 Pancake mix, complete 7 oz  
 Muffin mix 7 oz  
 Cornmeal, enriched, self-rising 10 oz  
 Rolled oats (oatmeal) 5 oz  
 Farina, enriched 6 oz  
 Grits, enriched 6 oz  
 Ready-to-eat cereal 18 oz  
 Macaroni, enriched 12 oz  
 Spaghetti, enriched 6 oz  
 Rice, regular, enriched 7 oz  
 Bread, white, enriched (88 sl) 4 22-oz loaves  
 Refrigerator biscuits 8 oz  
 Doughnuts (12) 12 oz  
 Saltine crackers 6 oz  
 Graham crackers 4 oz  
 Cookies 1 lb  
 Noodle soup, condensed 10-1/2 oz

## Other Food 3/

Coffee, tea  
 Bouillon, beef  
 Garlic, clove  
 Vinegar  
 Mustard, prepared  
 Baking powder  
 Baking soda  
 Worcestershire sauce  
 Catsup  
 Spices  
 Flavorings

## Fats and Oils

Margarine 19 oz  
 Vegetable oil 7 fl oz  
 Shortening 8 oz  
 Salad dressing, mayonnaise type 5 fl oz  
 Salad dressing, french 3 fl oz

- 1/ Average food needs for 4-person households that receive food stamps, following the thrifty food plan. Amounts shown are for food actually used during the period. Staple foods that can be stored for later use may be purchased in larger quantities than listed.
- 2/ Substitute other fruits and vegetables in season if they are better buys than those shown.
- 3/ Purchase as needed to use in recipes and for preparation of other foods.

# PERIOD II (7 DAYS): MENUS FOR A FAMILY OF FOUR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Orange juice (2 c) French toast* Sirup (4 T) Beverage	Orange juice (2 c) Ready-to-eat cereal (6 oz) Doughnuts (4) Beverage	Peaches (2), sliced Grits (1 c dry) Cinnamon toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Pan-fried potatoes (3 med) Toast (4 sl) Beverage	Peaches (2), sliced Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Apple juice (2 c) Farina (1 c dry) Toast (4 sl) Beverage	Apples (2), quartered Pancakes Sirup (4 T) Beverage
Beef pot roast* (slightly more than 1/3 of 4 lb roast) Gravy Mashed potatoes (4 med) Mixed vegetables Bread (4 sl) Ice milk (2 c) Beverage	Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Macaroni salad (1/2 salad) Baked apples* Beverage	Frankfurters (5) Sauerkraut Bread (5 sl) Oatmeal cookies Beverage	Beef macaroni soup* Saltine crackers (20) Plums (8) Beverage	Noodle soup Peanut butter (5 T) and jelly sand- wiches (5 sand) Carrot sticks (3/4 c) Graham crackers (8) Beverage	Frankfurter bean soup* Saltine crackers (20) Oatmeal cookies Beverage	Cheese (5 3/4-oz sl) sandwiches (5 sand) Gelatin (with apple juice and celery) Meringue pie (1/2 pie) Beverage
Beans in tomato sauce Macaroni salad* (1/2 salad) Pear halves Corn bread (1/2 pan) Gelatin Beverage	Beef stew I with vegetables* Cornbread (1/2 pan) Ice milk (2 c) and oatmeal cookies* Beverage	Beef pie with vegetables* Refrigerator biscuits (4) Lettuce wedges with dressing Peanut butter cake* (1/3 cake) Beverage	Fried chicken* Rice (1 c dry) Gravy Corn Bread (4 sl) Peanut butter cake (1/3 cake) Beverage	Beef patties* Baked potatoes (4 med) Stewed tomatoes Muffins (6) Ice milk (2 c) Beverage	Cheese rarebit* Toast (6 sl) French-fried potatoes Collards Meringue pie* (1/2 pie) Beverage	Spaghetti with meat sauce* Tossed salad (lettuce, car- rots, dressing) Bread sticks* Ice milk (2 c) Beverage
Doughnuts (4)	Bread and jelly sandwiches (4 sand)	Cheese (4 3/4-oz slices) and saltine crackers (20)	Doughnuts (4)	Peanut butter cake (1/3 cake)	Graham crackers (8)	Ready-to-eat cereal (6 oz)

\* Recipe included.

**Notes:** Amounts of some foods that the family is expected to use are shown in parentheses ( ). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal and coffee may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.

B R E A K F A S T

L U N C H

D I N N E R

S N A C K

# PERIOD III (7 DAYS): FOOD FOR A FAMILY OF FOUR 1/

## Meat and Meat Alternates

Beef, chuck steak, boneless 1.25 lb  
 Ground beef, regular 2.00 lb  
 Dried beef 3 oz  
 Liver, pork or beef .67 lb  
 Pork sausage, bulk 1.00 lb  
 Vienna sausage, canned 4-1/2 oz  
 Fish, fillets 1 lb  
 Eggs, large 14 eggs  
 Peanut butter 10 oz  
 Beans in tomato sauce 1 lb  
 Blackeye peas, dry 1/3 lb

## Milk, Cheese, and Ice Milk

Milk, fluid, whole 5 qt  
 Cheese, American process 17 oz  
 Ice milk 1 qt  
 Nonfat dry milk (7-1/2 qt) 1-1/2 lb

## Vegetables and Fruits

Fresh: 2/  
 Carrots 8 oz  
 Celery 13 oz  
 Cucumber 7 oz  
 Green pepper 1 pepper  
 Collards 10 oz  
 Lettuce (1 head) 1 lb  
 Onion 9 oz  
 Potatoes 5 lb 5 oz  
 Tomatoes 8 oz  
 Apples (6 med) 2 lb  
 Bananas (5 small) 1 lb 11 oz  
 Oranges (3 med) 1 lb  
 Peaches (4 small) 1 lb  
 Plums (8 small) 1 lb

## Sugars and Sweets

Granulated sugar 1 lb 12 oz  
 Brown sugar 1 oz  
 Flavored gelatin, dry mix 1 3-oz pkg  
 Pudding, dry mix 1 4 oz-pkg  
 Syrup 4 fl oz  
 Jelly 6 oz

## Other Food 3/

Coffee, tea  
 Meat tenderizer  
 Baking powder  
 Bouillon, beef  
 Lemon juice  
 Worcestershire sauce  
 Vinegar  
 Catsup  
 Mustard, prepared  
 Bread crumbs  
 Spices  
 Flavorings

## Breads, Cereals, and Cereal Products

Flour, enriched 1 lb 9 oz  
 Pancake mix, complete 7 oz  
 Gingerbread mix 14 oz  
 Cornmeal, enriched, self-rising 9 oz  
 Rolled oats (oatmeal) 9 oz  
 Farina, enriched 6 oz  
 Ready-to-eat cereal 12 oz  
 Noodles, enriched 4 oz  
 Rice, regular, enriched 1 lb 2 oz  
 Bread, white, enriched (88 sl) 4 22-oz loaves  
 Refrigerator biscuits 8 oz  
 Saltine crackers 4 oz  
 Graham crackers 4 oz  
 Cookies 1 lb  
 Pound cake 1 lb  
 Chicken noodle soup, condensed 10-1/2 oz

## Fats and Oils

Margarine 19 oz  
 Vegetable oil 9 fl oz  
 Shortening 4 oz  
 Salad dressing, french 3 fl oz  
 Salad dressing, mayonnaise type 3 fl oz

- 1/ Average food needs for 4-person households that receive food stamps, following the thrifty food plan. Amounts shown are for food actually used during the period. Staple foods that can be stored for later use may be purchased in larger quantities than listed.
- 2/ Substitute other fruits and vegetables in season if they are better buys than those shown.
- 3/ Purchase as needed to use in recipes and for preparation of other foods.



# PERIOD III (7 DAYS): MENUS FOR A FAMILY OF FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Orange juice (2 c) Eggs (4) Toast (6 sl) Beverage	Bananas (4) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Oatmeal (2 c dry) Toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Toast (4 sl) Beverage	Peaches (2), sliced Ready-to-eat cereal (6 oz) Oatmeal muffins (6) Beverage	Oranges (2), quartered Pancakes Sirup (4 T) Beverage	Peaches (2), sliced Farina (1 c dry) Biscuits (6) Beverage
L U N C H	Pan-broiled steak* French-fried potatoes Mixed fruit salad* Bread (5 sl) Pound cake (1/3 cake) Beverage	Chicken noodle soup Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Celery strips (1 c) Graham crackers (8) Beverage	Mini-pizzas* Carrot strips (3/4 c) Ice milk (2 c) Beverage	Beans in tomato sauce Potato salad* Bread (4 sl) Plums (8) Beverage	Creamed chipped beef* Rice (1 c dry) Carrot strips (3/4 c) Bread (4 sl) Beverage	Peanut butter (8 T) and jelly sand- wiches (5 sand) Fruit cocktail (2 c) Beverage	Vegetable soup with blackeye peas* Saltine crackers (20) Gingerbread (1/2 cake) Beverage
D I N N E R	Cornmeal pancakes with chopped Vienna sausage Sirup (4 T) Sliced tomatoes (1/2 lb) Beverage	Meatballs in potato cups* Bouillon gravy* Collards Bread (5 sl) Pound cake (1/3 cake) Beverage	Liver in barbeque sauce* Rice (1 c dry) Tossed salad (lettuce, celery, green pepper, dressing) Bread (4 sl) Pound cake (1/3 cake) Beverage	Cheese meatloaf* Baked potatoes (4 med) Green beans Oatmeal muffins* (6) Pudding pie (pud- ding mix in baked pie shell) Beverage	Crispy fried fish* Parslief potatoes (4 med) Lettuce wedges with dressing Bread (4 sl) Stewed apples* (2 c) with ice milk (1 c) Beverage	Pork sausage patties Noodles in cheese sauce* Beets Biscuits* (6) Stewed apples (2 c) with ice milk (1 c) Beverage	Skillet dinner* Cucumber slices Gelatin with 1 c fruit cocktail Bread sticks* Beverage
S N A C K	Cinnamon toast (6 sl)	Cookies	Peanut butter (5 T) and celery sticks (1 c)	Bread and jelly sandwiches (5 sand)	Cheese (4 3/4-oz sl) saltine crackers (20)	Gingerbread (1/2 cake)	Graham crackers (10) and peanut butter (4 T)

\* Recipe included.

Notes: Amounts of some foods that the family is expected to use are shown in parentheses ( ). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily, and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.

# PERIOD IV (10 DAYS): FOOD FOR A FAMILY OF FOUR 1/

## Meat and Meat Alternates

Beef, chuck steak, boneless 1.75 lb  
 Ground beef, regular 2.09 lb  
 Pork shoulder butt, fresh, bone-in 2.25 lb  
 Chicken, fryer, whole 2.25 lb  
 Fish sticks, frozen 10 oz  
 Bologna 12 oz  
 Eggs, large 18 eggs  
 Lima beans, baby, dry 7 oz  
 Navy beans, dry 14 oz  
 Blackeye peas, canned 1 lb  
 Peanut butter 18 oz

## Milk, Cheese, and Ice Milk

Milk, whole 6 qt  
 Cheese, American process 21 oz  
 Ice milk 1/2 gal  
 Nonfat dry milk (10-1/2 qt) 2.1 lb

## Vegetables and Fruits

Fresh: 2/  
 Cabbage 1 lb 4 oz  
 Carrots 18 oz  
 Celery 19 oz  
 Green pepper 1 pepper  
 Collards 10 oz  
 Lettuce (1 head) 1 lb  
 Onion 18 oz  
 Potatoes 6 lb 12 oz  
 Tomatoes 1 lb 5 oz  
 Apples (10 small) 2 lb 8 oz  
 Bananas (4 small) 1 lb 5 oz  
 Peaches (4 small) 1 lb  
 Plums (12 small) 1 lb 8 oz

## Fats and Oils

Margarine 1 lb 10 oz  
 Shortening 5 oz  
 Vegetable oil 5 fl oz  
 Salad dressing, mayonnaise type 10 fl oz  
 Salad dressing, french 4 fl oz

## Sugars and Sweets

Sugar, granulated 1 lb 12 oz  
 Sugar, brown 12 oz  
 Fruit-flavored gelatin, dry mix 1 3-oz pkg  
 Pudding, dry mix 1 4-oz pkg  
 Sirup 4 fl oz  
 Molasses 5 oz  
 Jelly 8 oz

## Other Food 3/

Flour, enriched 1 lb 2 oz  
 Pancake mix, complete 7 oz  
 Cake mix 19 oz  
 Gingerbread mix 14 oz  
 Cornmeal, enriched, self-rising 10 oz  
 Rolled oats (oatmeal) 11 oz  
 Farina, enriched 6 oz  
 Grits, enriched 3 oz  
 Ready-to-eat cereal 1 lb 14 oz  
 Macaroni, enriched 12 oz  
 Rice, regular, enriched 18 oz  
 Bread, white, enriched (110 sl) 5 22-oz loaves  
 Refrigerator biscuits 8 oz  
 Hamburger rolls, enriched (8) 10 oz  
 Saltine crackers 4 oz  
 Graham crackers 10 oz  
 Doughnuts (12) 12 oz  
 Pound cake 1 lb  
 Cookies 8 oz  
 Chicken rice soup, condensed 2 10-1/2-oz cans

- 1/ Average food needs for 4-person households that receive food stamps, following the thrifty food plan. Amounts shown are for food actually used during the period. Staple foods that can be stored for later use may be purchased in larger quantities than listed.
- 2/ Substitute other fruits and vegetables in season if they are better buys than those shown.
- 3/ Purchase as needed to use in recipes and for preparation of other foods.



# PERIOD IV (10 DAYS): MENUS FOR A FAMILY OF FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Peaches (2), sliced Pancakes Sirup (4 T) Beverage	Orange juice (2 c) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange (1 c)-grape (1 c) juice Oatmeal (2 c dry) Doughnuts (4) Beverage	Grape juice (2 c) Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Eggs (5) Grits (1/2 c dry) Toast (4 sl) Beverage	Bananas (2), sliced Oatmeal (2 c dry) Cinnamon toast (4 sl) Beverage	Fried apple rings* French toast* Sirup (4 T) Beverage
L U N C H	Pork shoulder roast* (about 1/2 of roast) Oven potatoes (4 med) Mixed vegetables Pound cake (1/3 cake) Beverage	Bologna (6 oz) sand- wiches (5 sand) Peaches (2), sliced Peanut butter cookies* Beverage	Cheese (5 3/4-oz sl) sandwiches (5 sand) Plums (6) Pound cake (1/3 cake) Beverage	Peanut butter- raisin* sandwiches (4 sand) Celery sticks (3/4 c) Doughnuts (4) Beverage	Chicken rice soup Saltine crackers (20) Carrot strips (3/4 c) Cake (1/3 cake) Beverage	Open-face cheese sandwiches* Molasses-glazed beans (1/2 pan) Graham crackers (8) Beverage	Bologna (6 oz) sandwiches (5 sand) Carrot strips (3/4 c) Cake (1/3 cake) Beverage
D I N N E R	Limas in tomato sauce* Potato salad* Bread (4 sl) Ice milk (2 c) Beverage	Chinese-style dinner with cabbage and rice* Sliced tomatoes (1/2 lb) Pound cake (1/3 cake) Beverage	Sloppy Joes* Corn Lettuce wedges and dressing Ice milk (2 c) Beverage	Beef stew II with vegetables* Sliced tomatoes (1/2 lb) Bread (4 sl) Ice milk (2 c) Beverage	Hamburgers (3/4 lb ground beef) on rolls (4) French-fried potatoes Molasses-glazed beans* (1/2 pan) Plums (6) Beverage	Fish sticks Top-of-stove scal- loped potatoes* Collards Cornbread (1/2 pan) Beverage	Spanish macaroni* Coleslaw* Cornbread (1/2 pan) Ice milk (2 c) Beverage
S N A C K	Saltine crackers (20) and cheese (4 3/4-oz sl)	Doughnuts (4)	Peanut butter cookies	Graham crackers (12)	Pudding	Cake (1/3 cake)	Ready-to-eat cereal (6 oz)

\* Recipe included.

Notes: Amounts of some foods that the family is expected to use are shown in parentheses ( ). Weights refer to amount of food as purchased unless otherwise specified. Beverage is milk for everyone at least once daily and for children more often. Adults may wish to add coffee or tea to their meals. Spreads for bread and sugar for cereal and coffee may be added, if desired. Cookies may be added to meals as an optional dessert. See label of ready-to-eat cereal selected to estimate the number of cups of cereal that weighs 6 ounces.



# PERIOD IV (10 DAYS): MENUS FOR A FAMILY OF FOUR--CONTINUED

## RECIPES

### APPLE-RAISIN SLAW

Makes 8 servings about; about 3-1/2 cups.

2 medium apples, cut up  
1 tablespoon lemon juice  
1/2 small head cabbage, finely cut up  
1/4 cup raisins  
About 1/4 cup mayonnaise or salad dressing  
1/4 teaspoon salt.

Mix apples with lemon juice in a large bowl.  
Add rest of ingredients. Mix lightly.

### BAKED APPLES

Makes 4 servings.

4 medium cooking apples  
1/3 cup sugar  
1/4 teaspoon cinnamon  
1 tablespoon margarine  
1/2 cup water

Core apples without cutting through bottom end.  
Place in baking pan.

Mix sugar and cinnamon; fill centers of apples.  
Put margarine on top of filling.

Pour water into bottom of pan.

Bake at 350° F (moderate oven) about 45 minutes to 1 hour until apples are tender. If apples seem dry, spoon liquid in pan over top during cooking.

### TUESDAY

### MONDAY

### SUNDAY

Orange juice (2 c) Eggs (5) Toast (4 sl) Beverage	Bananas (2), sliced Ready-to-eat cereal (6 oz) Toast (4 sl) Beverage	Orange juice (2 c) Farina (1 c dry) Toast (4 sl) Beverage
Braised chicken with vegetables* Rice (1 c dry) Peas Bread (4 sl) Gingerbread (1/2 cake) Beverage	Grilled cheese (5 3/4-oz sl) sandwiches (5 sand) Fruit-flavored gelatin Beverage	Peanut butter (5 T) and jelly sandwiches (4 sand) Carrot strips (3/4 c) Apples (4) Graham crackers (8) Beverage
Mini-pizzas* Celery sticks (1 c) Apples (4) Beverage	Swiss steak* Mashed potatoes (4 med) Broccoli Raisin-rice pudding* Beverage	One-pan macaroni & cheese* Blackeye peas Tossed salad (lettuce, tomatoes with dressing) Gingerbread (1/2 cake) Beverage
Graham crackers (12)	Cookies	Ready-to-eat cereal (6 oz)

\* Recipe included.

B R E A K F A S T

L U N C H

D I N N E R

S N A C K

## BAKED PICNIC SHOULDER (cured pork)

Makes 4 servings, plus meat for later use (see Note).

3-1/4 pounds cook-before-eating cured picnic shoulder, with bone

Place meat, with fat side up, on a rack in a baking pan. Do not add water; do not cover.

Bake at 325° F (slow oven) for 2 hours. Remove skin when meat is nearly done.

Note: Save about 3 cups cooked, cut-up pork plus bone to be used for other meals. Refrigerate promptly.

## BEEF-MACARONI SOUP

Makes 4 servings; about 6 cups.

2 stalks celery, with leaves

1 medium carrot

1-1/4 quarts (5 cups) water

3 beef bouillon cubes

About 1 cup cut-up, cooked beef (left from Beef Pot Roast)

1 cup uncooked elbow macaroni

Salt and pepper, as desired

Cut celery in thin 1-inch pieces. Finely chop carrot.

Heat water to boiling. Add vegetables. Cover and cook about 5 minutes.

Add rest of ingredients. Boil gently about 15 minutes until vegetables and macaroni are tender.

## BEEF PATTIES

Makes 4 servings.

2 slices bread, finely crumbled

1/4 cup water

1 small onion, finely chopped

2/3 pound ground beef

1/2 teaspoon salt

Pepper, as desired

Put bread and water in a bowl. Add rest of ingredients.

Mix well and shape into four 1/2-inch thick patties.

Cook in greased fry pan over medium heat, turning once to brown both sides.

## BEEF PIE WITH VEGETABLES

Makes 4 servings; about 4-1/2 cups.

3-1/2 cups beef stew (left from Beef Stew I)  
4 refrigerator biscuits

Put stew in baking pan. Thin sauce with a little water, if desired. Put biscuits on top.

Bake at 400° F (hot oven) about 30 minutes until biscuits are browned.

## BEEF POT ROAST

Makes 4 servings, plus meat for later use (see Note).

1/3 cup flour

1-1/2 teaspoons salt

1/4 teaspoon pepper

4 pounds lean chuck, with bone

2 tablespoons fat or oil

About 1/2 cup water

Mix flour, salt, and pepper. Coat meat with mixture.

Heat fat in fry pan. Brown meat on all sides.

Add water as needed to prevent over-browning. Cover tightly. Cook over low heat about 2-1/2 to 3-1/2 hours until meat is tender.

Note: Save about 4-1/2 cups cooked cut-up meat for other meals. Refrigerate promptly.

## BEEF STEW I WITH VEGETABLES

Makes 4 servings; about 4 cups, plus stew for Beef Pie (see Note).

3-1/3 cups water

About 3-1/2 cups cut-up, cooked beef (left from Beef Pot Roast)

Beef drippings, if available

2 medium onions, cut up

2 medium carrots, cut up

4 medium potatoes, cut up

2 stalks celery with leaves, cut up

Salt and pepper, as desired

1/3 cup flour

Heat 3 cups water to boiling.

Add meat, meat drippings (if used), vegetables, salt, and pepper. Cover and boil gently about 30 minutes until vegetables are tender.

Mix 1/3 cup water and the flour until smooth. Slowly pour and stir flour mixture into stew. Cook and stir over medium heat until thickened.

Note: Save 3-1/2 cups stew for Beef Pie with Vegetables. Refrigerate promptly.



## RECIPES--continued

### BEEF STEW II WITH VEGETABLES

Makes 4 servings; about 4-2/3 cups.

3/4 pound boneless beef chuck steak  
1/4 cup flour  
Salt and pepper, as desired  
2-3/4 cups water  
1 medium onion, cut up  
4 medium potatoes, cut up  
2 medium carrots, cut up

Trim excess fat from meat. Heat in a large pan to get fat for frying meat. Remove pieces.

Cut meat in small pieces. Dip in flour. (Save leftover flour.)

Brown meat on all sides; pour off excess fat.

Sprinkle meat with salt and pepper, add 2-1/2 cups water. Cover tightly and cook slowly about 1-1/2 hours until meat is almost tender.

Add vegetables. Sprinkle with salt. Cover and boil gently about 25 minutes until vegetables are tender, stirring only to keep from sticking.

Mix leftover flour and 1/4 cup water. Stir gently into mixture. Cook until thickened.

### BISCUITS

Makes 8 servings.

2 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
1/3 cup shortening  
About 3/4 cup reconstituted nonfat dry milk

Mix dry ingredients thoroughly. Mix in fat only until mixture is crumbly.

Add most of the milk and stir to mix. Add more milk as needed to make a dough that is soft but not too sticky to knead. Knead dough gently on a lightly floured surface 10 to 12 times. Form into a ball.

Pat or roll dough to 1/2- to 3/4-inch thickness. Cut with a floured biscuit cutter or cut into squares with a knife. Place on an ungreased baking sheet--1 inch apart for crusty biscuits; together for softer biscuits.

Bake at 450° F (very hot oven) 12 to 15 minutes, or until golden brown.

### BOUILLON GRAVY

Makes about 3/4 cup.

1 tablespoon margarine  
2 tablespoons flour  
1 cup water  
1 beef bouillon cube  
Salt and pepper, if desired.

Melt fat in fry pan. Remove from heat. Stir in flour.

Stir in water and add crumbled bouillon cube and seasonings.

Cook and stir until smooth and thickened.

### BRAISED CHICKEN WITH VEGETABLES

Makes 4 servings.

2-1/4-pound chicken, cut-up  
About 1/3 cup flour  
1-1/2 teaspoons salt  
Pepper, as desired  
2 tablespoons fat or oil (or pieces of fat cut from chicken)  
3/4 cup water  
1 medium carrot, sliced  
1 stalk celery, sliced  
1 medium onion, chopped

Coat chicken with a mixture of the flour, salt, and pepper.

Heat fat to cover bottom of fry pan. Brown chicken over medium heat. Drain off fat.

Add water, cover tightly and boil gently about 30 minutes until chicken is almost tender.

Add vegetables and cook about 20 minutes until carrots are tender. Add a little water during cooking, if needed.

### BREAD STICKS

Makes 4 servings.

6 slices bread  
2 tablespoons softened margarine  
1/2 teaspoon garlic salt, if desired  
Sprinkle of pepper

Spread slices of bread with margarine. Sprinkle with garlic salt (if used) and pepper.

Stack bread and slice into sticks about 1/2 inch thick.

Spread in baking pan. Bake at 300° F (slow oven) about 25 minutes until crisp and lightly browned.

### CHEESE MEATLOAF

Makes 4 servings.

1 small onion, finely chopped  
2/3 pound ground beef  
1/2 cup reconstituted nonfat dry milk  
1 egg  
3/4 teaspoon salt  
2 slices bread, crumbled  
1/3 cup cut-up cheese

Mix all ingredients well. Shape in a loaf in a baking pan.

Bake at 350° F (moderate oven) about 50 minutes until well done.



# CHEESE RAREBIT

Makes 4 servings; about 1-2/3 cups sauce.

2 egg yolks (see Note)  
3/4 cup reconstituted nonfat dry milk  
2 cups (about 8 ounces) cut-up or shredded cheese  
1 teaspoon prepared mustard  
1/2 teaspoon worcestershire sauce  
Sprinkle of oregano, if desired  
6 slices toast

Beat egg yolks and milk in saucepan. Add rest of ingredients, except toast.

Cook and stir over low heat until cheese is melted.

Serve on toast.

Note: Save egg whites for Meringue Pie.

# CHICKEN PIE WITH VEGETABLES

Makes 4 servings; about 6 cups.

## Filling

1/4 cup flour  
1 cup reconstituted nonfat dry milk  
1 cup chicken broth  
10-ounce package frozen, mixed vegetables  
About 1-1/2 cups cut-up, cooked chicken (see Note)  
2 tablespoons margarine or chicken fat  
Salt and pepper, as desired  
1/4 teaspoon oregano, if desired

## Drop biscuit topping

1 cup flour  
1-1/2 teaspoons baking powder  
1/2 teaspoon salt  
3 tablespoons shortening  
1/3 cup reconstituted nonfat dry milk

To make filling--Mix flour and about 1/4 cup of the milk in a saucepan until smooth. Add rest of milk and broth. Cook and stir until thickened.

Cook frozen vegetables until almost tender. Drain.

Add vegetables, chicken, fat, and seasonings to sauce. Put in baking pan, about 9 inches square.

For biscuit dough--Mix flour, baking powder, and salt in a bowl. Mix in fat with a fork until crumbly.

Add milk. Stir enough to wet dry ingredients. Drop from a tablespoon onto filling in pan to make 8 biscuits.

Bake at 400° F (hot oven) about 30 minutes until browned.

Note: Stew a 2-1/2 pound chicken in 2 cups water. Use half of chicken and broth for this recipe; save half for Creamed Chicken. Refrigerate promptly.

# CHILI CON CARNE WITH BEANS AND MACARONI

Makes 4 servings; about 4-1/2 cups.

1 tablespoon fat or oil  
1/2 pound ground beef  
1 small onion, chopped  
2 cups canned tomatoes  
16-ounce can kidney beans, drained (save liquid)  
1 cup bean liquid and water  
2 or 3 teaspoons chili powder  
1 teaspoon salt  
3/4 cup uncooked elbow macaroni

Heat fat in a large fry pan. Add meat and onion. Cook and stir until lightly browned. Drain off fat.

Add rest of ingredients. Boil gently about 20 minutes until macaroni is tender. Stir only to keep from sticking. Add a little water during cooking, if desired.

# CHINESE-STYLE DINNER WITH CABBAGE AND RICE

Makes 4 servings; about 3 cups meat mixture and 2 cups rice.

1 tablespoon fat or oil  
3 stalks celery, cut in thin 1-inch strips  
1 small onion, thinly sliced  
2 tablespoons cornstarch  
1-1/2 cups water  
1/4 cup soy sauce  
1/2 small head cabbage, chopped  
About 1-1/2 cups cut-up, cooked fresh pork (left from Pork Shoulder Roast)  
About 2 cups cooked rice (2/3 cup uncooked)

Heat fat in a large pan. Add celery and onion and cook until lightly browned.

Mix cornstarch, water, and soy sauce. Pour into pan with celery and onion. Cook and stir until thickened and clear.

Stir in cabbage and meat. Cover and cook about 3 minutes, leaving cabbage crisp. Serve on rice.

# COFFEE CAKE

Makes 8 servings.

## Cake batter

1-1/2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup sugar  
1/4 cup margarine or shortening  
1 egg  
1/2 cup reconstituted nonfat dry milk

## Topping

1/4 cup brown sugar, packed  
1 tablespoon flour  
1 teaspoon cinnamon  
1 tablespoon margarine

For cake batter--Mix flour, baking powder, and salt. Set aside.

Mix sugar, fat, and egg. Beat well. Add milk and flour mixture all at once. Stir just until mixed.

Put in a greased 8- or 9-inch square baking pan.

For topping--Mix all ingredients and sprinkle over cake batter.

Bake at 400° F (hot oven) 25 to 30 minutes until cake springs back when lightly touched near center.

# COLE SLAW

Makes 4 servings; about 2 cups.

1/2 small head cabbage, shredded or chopped  
Sprinkle of salt  
About 1/4 cup mayonnaise or salad dressing  
1 or 2 teaspoons sugar, if desired  
1 or 2 teaspoons vinegar, if desired

Mix all ingredients. Add sugar and vinegar in equal amounts, if used.

# CREAMED CHICKEN

Makes 4 servings; about 2-2/3 cups.

1/4 cup flour  
1 cup reconstituted nonfat dry milk  
1 cup chicken broth  
1 chicken bouillon cube  
About 1-1/2 cups cut-up, cooked chicken  
(left from stewed chicken used in Chicken Pie)  
2 tablespoons margarine or chicken fat  
Salt and pepper, as desired  
1/4 teaspoon oregano, if desired  
1 hard-cooked egg, cut up

Mix flour and about 1/4 cup of the milk in saucepan until smooth.

Add rest of liquids, bouillon cube, chicken, and fat.

Cook and stir until thickened. Stir in seasonings. Add egg; do not stir.

# CREAMED CHIPPED BEEF

Makes 4 servings; about 2-1/2 cups.

3 tablespoons margarine  
3 tablespoons flour  
2 cups reconstituted nonfat dry milk  
3-ounce package dried beef, cut up  
1 hard-cooked egg, cut up

Melt margarine. Remove from heat. Stir in flour. Gradually stir in milk. Add beef. Cook and stir until thickened.

Add egg. Do not stir.

# CRISPY FRIED FISH

Makes 4 servings.

1 pound frozen fish fillets  
Fat for frying  
1/3 cup cornmeal  
1/2 teaspoon salt  
Pepper, as desired

Thaw frozen fish. Wash and drain.

Heat fat in fry pan.

Dip fish in a mixture of cornmeal and seasonings. Fry over medium heat 4 to 5 minutes until browned on one side.

Turn gently and fry fish 4 to 5 minutes longer until browned on other side and fish flakes easily when tested with a fork. Drain well.

# FRANKFURTER-BEAN SOUP

Makes 4 servings; about 4-2/3 cups.

3/4 cup small dry lima beans  
4 cups water  
1 medium onion, chopped  
3/4 teaspoon salt  
1/2 pound frankfurters

Wash and drain beans.

Put beans and water in a pan and bring to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour.

Add onion and salt. Cover and boil gently about 1 hour until beans are tender. Mash beans slightly.

Chop frankfurters and lightly brown in a fry pan. Add to soup.



## FRENCH TOAST

Makes 4 servings.

3 eggs, beaten  
1/2 cup reconstituted nonfat dry milk  
1/4 teaspoon salt  
Margarine or shortening for browning  
8 slices bread

Mix eggs, milk, and salt.

Spread a little fat in heated fry pan.

Dip bread in egg mixture and put in fry pan over medium heat. Brown bread on one side.

Turn bread, putting a little more fat under each slice. Brown other side.

## FRIED APPLE RINGS

Makes 4 servings.

2 small apples  
2 tablespoons margarine  
2 tablespoons sugar  
1 tablespoon lemon juice, if desired

Core apples and cut each in 4 circles.

Melt fat in a fry pan. Add sugar and lemon juice (if used).

Add apple slices and cook slowly about 10 to 15 minutes until tender. Turn as needed to brown.

## FRIED CHICKEN

Makes 4 servings.

2-1/4 pound chicken, cut up  
About 1/3 cup flour  
1 teaspoon salt  
Pepper, as desired  
1/4 cup fat or oil

Coat chicken with a mixture of the flour, salt, and pepper.

Heat fat in fry pan. Cook chicken over medium heat turning once to brown both sides. Cook slowly a little longer until tender. Allow about 40 to 45 minutes to cook chicken.

## HAM (cured pork), CHEESE, AND RICE

Makes 4 servings; about 4 cups.

1 medium onion, sliced  
1 tablespoon fat or oil  
1-3/4 cups water  
3/4 cup uncooked rice  
About 1-1/2 cups cut-up, cooked cured pork (left from Baked Picnic Shoulder)  
1/4 teaspoon salt  
1/2 cup reconstituted nonfat dry milk  
2/3 cup cut-up cheese

Cook onion in fat in a medium saucepan until lightly browned.

Add water and heat to boiling. Stir in rice, pork, and salt. Return to boiling. Cover and cook over low heat about 25 minutes until rice is tender.

Gently stir in milk and cheese. Heat until cheese is melted.

## HAM (cured pork) HASH

Makes 4 servings; about 4 cups.

3 tablespoons fat or oil  
4 medium potatoes, finely chopped  
2 medium carrots, finely chopped or shredded  
1/2 small onion, finely chopped  
About 1-1/2 cups finely chopped, cooked cured pork (left from Baked Picnic Shoulder)  
Salt, as desired

Heat fat in a large fry pan. Add potatoes, and cook over low to medium heat until browned on bottom. Turn potatoes. Cover with carrots and onion, then with pork.

Cook about 8 minutes longer until potatoes are browned on bottom and are tender.

Sprinkle with salt, if needed.

## LIMA BEANS IN TOMATO SAUCE

Makes 4 servings; about 2-1/3 cups.

1 cup dry baby lima beans  
3 cups water  
1 teaspoon salt  
1/4 cup brown sugar, packed  
1/3 cup tomato sauce  
1 tablespoon margarine or meat fat drippings  
1 tablespoon prepared mustard  
4 teaspoons vinegar  
Salt, as desired

Wash beans. Put beans and water in a large pan and bring to boiling. Boil 2 minutes. Let stand 1 hour.

Add 1 teaspoon salt, and heat to boiling. Cover when most of foam is gone. Boil beans gently about 1 hour until tender.

Pour off most of bean liquid (save).

Add rest of ingredients to beans. Cover and boil gently about 30 minutes to blend flavors. Add more bean liquid, as needed.



## RECIPES--continued

### LIVER AND ONIONS

Makes 4 servings.

2 tablespoons fat or oil  
2/3 pound sliced beef or pork liver  
About 3 tablespoons flour  
3/4 teaspoon salt  
Pepper, as desired  
1 large onion, sliced  
3 tablespoons water

Heat fat in fry pan.  
Coat liver with flour and put in pan. Cook until browned on one side.  
Turn liver. Sprinkle with salt and pepper. Place onion on top. Add water.  
Cover pan tightly and cook liver over low heat about 20 minutes until tender. Add a little water during cooking, if needed.

### LIVER IN BARBECUE SAUCE

Makes 4 servings.

1 tablespoon fat or oil  
2/3 pound sliced beef or pork liver  
About 3 tablespoons flour  
3/4 teaspoon salt  
Pepper, as desired  
2 tablespoons brown sugar, packed  
1 teaspoon worcestershire sauce  
1 tablespoon vinegar  
1/4 cup catsup  
1/3 cup water

Heat fat in fry pan over medium heat.  
Coat liver with flour and brown on both sides.  
Mix rest of ingredients and pour over liver.  
Cover and cook slowly about 20 minutes until liver is tender. Add a little water to thin sauce, if needed.

### MACARONI SALAD

Makes 8 servings; about 3-1/2 cups.

1 stalk celery, chopped  
1/2 small onion, chopped  
1/3 cup mayonnaise or salad dressing  
1 tablespoon vinegar  
1 tablespoon sugar  
1 teaspoon prepared mustard  
3/4 teaspoon salt  
Pepper, as desired  
About 3 cups cooled, drained, cooked macaroni (1-1/2 cups uncooked)  
1 hard-cooked egg, cut up

Mix all ingredients, except macaroni and egg, in a large bowl.  
Add macaroni and egg. Mix lightly. Chill before serving.

### MEATBALLS IN POTATO CUPS

Makes 4 servings.

2 cups seasoned, mashed potatoes  
1 egg  
1/2 small onion, finely chopped  
1 stalk celery, finely chopped  
2/3 pound ground beef  
1/2 cup uncooked, quick rolled oats  
1/3 cup reconstituted nonfat dry milk  
1/2 teaspoon salt  
Pepper, as desired  
Bouillon Gravy (see recipe)

Mix potatoes and egg. Make 8 mounds on large, greased baking pan.  
Mix rest of ingredients, except gravy. Shape into 8 meatballs. Press a meatball part way into center of each potato mound.  
Bake at 350° F (moderate oven) about 40 minutes until meat and potatoes are browned.  
Serve with Bouillon Gravy.

### MERINGUE PIE

Makes 8 servings

#### Pie crust

1 cup flour  
1/2 teaspoon salt  
1/3 cup shortening  
About 2 tablespoons water

#### Filling

4-ounce package pudding and pie filling mix, any flavor (not instant)

#### Meringue

2 egg whites (left from making Cheese Rarebit)  
1/4 teaspoon salt  
1/4 cup sugar

For pie crust--Mix flour and salt. Mix in shortening with a fork or pastry blender until crumbled. Sprinkle 2 tablespoons water over mixture. Mix lightly with fork. Add a little more water, if needed, to make dough into a ball, stirring as little as possible.

Roll out dough on lightly floured surface. Put in 8-inch pie pan.

Stick dough all over with fork. Bake at 425° F (hot oven) 10 to 12 minutes until browned.

To make filling--Follow package directions.

For meringue--Beat egg whites with a beater or mixer until foamy. Add salt and beat until soft peaks form.

Add sugar a little at a time and beat until stiff peaks form.

Spread meringue gently on warm pie filling.  
Bake at 350° F (moderate oven) 15 to 20 minutes until browned.

## MINI-PIZZAS

Makes 4 servings.

8-ounce package refrigerator biscuits  
6-ounce can tomato paste  
1 tablespoon water  
1 teaspoon oregano  
1 small onion (if desired), finely chopped  
1 cup shredded or finely chopped cheese

Roll out or pat biscuits into 4-inch circles on a greased baking pan.

Mix tomato paste, water, and oregano. Cover biscuits with mixture. Sprinkle with onion (if used) and cheese.

Bake at 425° F (very hot oven) about 8 or 9 minutes until lightly browned.

Quickly loosen pizzas from pan.

## MIXED FRUIT SALAD

Makes 4 servings; about 2 cups.

1 medium apple, cut up  
1 medium orange, cut up  
1 medium banana, sliced  
Salad dressing, if desired

Mix the fruits.

Stir in salad dressing or serve dressing on top of fruit, if desired.

## MOLASSES-GLAZED BEANS

Makes 8 servings; about 5 cups.

2 cups dry great northern or pea (navy) beans  
5 cups water  
1-1/2 teaspoons salt  
1/2 small onion, chopped  
1/4 cup brown sugar, packed  
1 teaspoon dry mustard  
1/2 cup molasses  
2 tablespoons margarine or meat fat drippings

Wash and drain beans.

Put beans and water in large pan and heat to boiling. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour.

Add salt. Cover and boil gently about 1-1/2 hours until beans are tender.

Add rest of ingredients and more water if needed for cooking. Stir gently to mix.

Cover and boil gently about 1 hour to blend flavors. Uncover toward end of cooking, if needed, to thicken liquid.

## NOODLES IN CHEESE SAUCE

Makes 4 servings; about 3 cups.

2 tablespoons margarine  
3 tablespoons flour  
1/4 teaspoon salt  
1-1/3 cups reconstituted nonfat dry milk  
1/2 teaspoon prepared mustard, if desired  
1 cup cut-up cheese  
2 cups drained, cooked noodles (3-1/2 cups uncooked)  
Fine dry bread crumbs, as desired

Melt margarine in a pan. Remove from heat. Mix in flour and salt. Add milk slowly, stirring until smooth. Cook and stir until thickened.

Add mustard and cheese. Stir over low heat until cheese is melted.

Mix cheese sauce with hot noodles. Top with fine dry bread crumbs, if desired.

## OATMEAL COOKIES

Makes 3 dozen cookies.

1/2 cup softened margarine  
1/2 cup granulated sugar  
1/2 cup brown sugar, packed  
1 egg  
1 tablespoon water  
1/2 teaspoon vanilla  
1 cup flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 cups uncooked, quick rolled oats

Put margarine, granulated sugar, brown sugar, egg, and water in a large bowl. Beat well until creamy.

Stir in vanilla.

Add flour, baking soda, and salt. Mix until smooth.

Stir in rolled oats. Let stand about 10 minutes. Drop from a teaspoon on a greased baking pan.

Bake at 375° F (moderate oven) 10 to 12 minutes until lightly browned. Remove from pan while hot.

## OATMEAL MUFFINS

Makes 8 servings.

1-1/4 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
1/3 cup sugar  
1 cup uncooked, quick rolled oats  
1 egg  
1 cup reconstituted nonfat dry milk  
1/3 cup melted fat or oil

Mix flour, baking powder, salt, and sugar in large bowl. Stir in rolled oats. Set aside.

Beat egg and add milk. Add fat. Add to flour mixture.

Stir just until mixed, leaving batter lumpy.

Fill 12 greased muffin tins half full.

Bake at 400° F (hot oven) 20 to 25 minutes until browned.



# ONE-PAN MACARONI AND CHEESE

Makes 4 servings; 3 cups.

About 2 cups drained, cooked elbow macaroni (1 cup uncooked)  
1/2 cup water  
2/3 cup instant nonfat dry milk  
1 cup cut-up or shredded cheese

Leave drained macaroni in cooking pan.  
Mix water and dry milk; add to macaroni.  
Add cheese. Stir over low heat until cheese is melted.

# OPEN-FACE CHEESE SANDWICHES

Makes 4 sandwiches.

1 cup finely chopped or shredded cheese  
2 tablespoons pickle relish  
2 to 4 tablespoons mayonnaise or salad dressing  
4 slices toast

Mix cheese, relish, and salad dressing. Spread on hot toast.  
For variety, toast bread on one side under broiler. Remove from broiler and spread untoasted side with cheese mixture. Broil until lightly brown on top.

# PAN-BROILED STEAK

Makes 4 servings.

1-1/4 pounds boneless beef chuck steak 1/2- to 3/4-inch thick  
Commercial meat tenderizer  
Salt, as desired

Treat meat with tenderizer as directed on tenderizer label.  
Slash fat around edge to keep meat from curling.  
Cook steak in a hot, greased fry pan over medium heat. Turn to brown both sides. Allow 10 to 18 minutes for medium done steak.  
To test doneness, stick meat with a pointed knife and check color.

# PEANUT BUTTER CAKE

Makes 12 servings.

2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 teaspoon salt  
1/2 cup peanut butter  
1/4 cup softened margarine or shortening  
1-1/2 cups brown sugar, packed  
2 eggs  
2/3 cup reconstituted nonfat dry milk  
1 teaspoon vanilla, if desired

Mix flour, baking powder, baking soda, and salt. Set aside.

Mix peanut butter, fat, and sugar in a large bowl until smooth.

Add eggs and beat well until creamy.  
Add half the flour mixture and half the milk. Beat well.

Mix in rest of flour mixture and milk until smooth. Add vanilla if desired.

Pour into a greased, floured baking pan, about 10 by 7 by 2 inches.

Bake at 350° F (moderate oven) about 30 minutes until cake springs back when lightly touched near center.

# PEANUT BUTTER COOKIES

Makes 5-1/2 dozen cookies.

2-1/2 cups flour  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1/2 cup softened margarine  
1/2 cup shortening  
1 cup peanut butter  
1 cup granulated sugar  
1 cup brown sugar, packed  
2 eggs

Mix flour, salt, and baking soda. Set aside.  
Mix fat and peanut butter. Add granulated sugar and brown sugar. Mix well. Add eggs and beat well until creamy.

Stir flour mixture into peanut butter mixture.  
Drop dough from a teaspoon onto baking pan. Flatten with a fork.

Bake at 375° F (moderate oven) 10 to 15 minutes until lightly browned.

# PEANUT BUTTER-RAISIN SANDWICH FILLING

Makes filling for 4 sandwiches.

1/2 cup peanut butter  
1/4 cup raisins, chopped

Mix ingredients.

# PORK SHOULDER ROAST

Makes 4 servings, plus meat for later use (see Note).

2-1/4-pound piece fresh pork shoulder butt, with bone

Place pork, cut side down, on a rack in a baking pan. Do not add water; do not cover.

Bake at 325° F for 1-3/4 hours.

Note: Save about 1-1/2 cups cooked, cut-up pork for later use. Refrigerate promptly.



## POTATO SALAD

Makes 4 servings; about 2-3/4 cups.

4 medium potatoes, cooked, cut up  
1 stalk celery, finely chopped  
1/4 small onion, finely chopped  
1/4 cup mayonnaise or salad dressing  
2 teaspoons sugar  
2 teaspoons vinegar  
1 teaspoon prepared mustard  
2 teaspoons salt  
Pepper, as desired

Put vegetables in a bowl.  
Mix rest of ingredients and pour over top. Toss lightly to mix.  
Chill before serving.

## RAISIN-RICE PUDDING

Makes 4 servings; 3 cups.

2 cups water  
1/2 cup uncooked rice  
1/2 teaspoon salt  
1/2 cup raisins  
1 tablespoon margarine  
1 cup instant nonfat dry milk  
1/3 to 1/2 cup sugar, as desired  
1 cup water  
1 teaspoon vanilla

Heat 2 cups water to boiling. Stir in rice, salt, raisins, and fat.  
Lower heat. Cover and cook 30 minutes. Remove from heat.  
Mix dry milk, sugar, and 1 cup water until smooth. Add to rice.  
Add vanilla.  
Stir over low heat until hot. Cool to thicken.

## RICE PUDDING

Makes 4 servings; about 3 cups.

1-1/4 cups water  
1/4 cup uncooked rice  
1/4 cup raisins  
1/4 teaspoon salt  
2 cups reconstituted nonfat dry milk  
3- to 4-ounce package vanilla pudding and pie filling mix (not instant)  
1/2 teaspoon cinnamon

Heat water to boiling. Add rice, raisins, and salt.  
Cover and cook slowly about 35 minutes until rice is tender and water is gone.  
Stir milk into pudding mix in a pan. Cook by package directions. Stir in rice and cinnamon.  
Serve warm or cold.

## SKILLET DINNER

Makes 4 servings; about 4-1/2 cups.

2/3 pound ground beef  
1/2 green pepper, chopped  
1 medium onion, chopped  
2 cups canned tomatoes  
3/4 cup water  
1 teaspoon salt  
Pepper, as desired  
2/3 cup uncooked rice

Cook beef, green pepper, and onion in a large fry pan until browned. Pour off excess fat.  
Add tomatoes, water, and seasonings. Heat to boiling.  
Stir in rice. Cover and cook over low heat about 25 minutes until rice is tender. Add a little water during cooking, if needed.

## SLOPPY JOES

Makes 4 sandwiches; about 1-1/3 cups filling.

2/3 pound ground beef  
1 small onion, chopped  
3/4 teaspoon salt  
1/3 cup catsup  
2 tablespoons prepared mustard  
1 tablespoon vinegar  
1 tablespoon sugar  
4 hamburger rolls

Crumble beef in a heated fry pan. Add onion and salt. Cook and stir until meat is browned. Pour off excess fat.  
Stir in catsup, mustard, vinegar, and sugar.  
Cook slowly until hot. Add a little water if mixture is too thick.  
Serve on rolls.

## SPAGHETTI WITH MEAT SAUCE

Makes 4 servings; about 3 cups sauce and 3 cups spaghetti.

2/3 pound ground beef  
1 medium onion, chopped  
1 clove garlic, finely chopped  
8-ounce can tomato sauce  
6-ounce can tomato paste  
1 teaspoon salt  
2 teaspoons worcestershire sauce  
1 cup water  
3 cups hot, cooked spaghetti (about 6 ounces uncooked)

Put beef, onion, and garlic in a large fry pan. Cook and stir over medium heat until browned. Pour off excess fat.

## RECIPES--continued

Add rest of ingredients except spaghetti. Cover and boil gently about 30 minutes to blend flavors. Add more water to thin sauce, if desired.  
Serve sauce over spaghetti.

### SPANISH MACARONI

Makes 4 servings; about 5 cups.

1 tablespoon fat  
1/2 medium green pepper, chopped  
1/2 medium onion, chopped  
2/3 pound ground beef  
2 cups water  
1 cup canned tomatoes  
About 1/2 cup tomato sauce  
1-1/2 cups uncooked macaroni  
1-1/2 teaspoons salt  
1 teaspoon worchestershire sauce

Heat fat in fry pan. Add green pepper, onion and ground beef. Cook until meat is lightly browned.

Drain off excess fat.

Stir in rest of ingredients. Boil gently until macaroni is tender, stirring only as needed to keep from sticking. Add a little more water if needed to cook macaroni.

### SPLIT PEA SOUP

Makes 4 servings; about 4 cups.

1-1/4 cups dry split peas  
1 medium onion, chopped  
2 tablespoons ham fat drippings or margarine  
3 cups water  
Cured pork shoulder bone, with or without meat  
(left from Baked Picnic Shoulder)  
1 teaspoon salt  
Pepper, as desired

Wash and drain split peas.

Cook onion in fat in a large sauce pan until tender.

Add rest of ingredients to onion. Bring to boiling.

Cover and boil gently about 40 minutes until peas are very tender. Remove bone and mash peas slightly, if desired.

Note: Cook this soup about 2 hours until peas are mushy, if preferred. Add more water as needed.

### STEWED APPLES

Makes 8 servings; about 4 cups.

2/3 cup sugar  
Sprinkle of salt  
1-1/2 cups water  
5 medium-size tart apples, peeled, sliced

Mix sugar, salt, and water in a pan. Heat to boiling.

Add apples. Cover and boil gently just until apples are tender.

### SWISS STEAK

Makes 4 servings.

1 pound boneless beef chuck steak, 1/2-inch thick  
Commercial meat tenderizer  
1/4 cup flour  
Salt and pepper, as desired  
1 cup canned tomatoes  
1 medium onion, sliced

Trim off excess fat and cut meat into serving size pieces. Treat meat with tenderizer as directed on tenderizer label.

Heat pieces of fat in fry pan to get fat for frying steak. Remove pieces.

Mix flour, salt, pepper; use to coat meat.

Brown meat on both sides in fry pan, turning once. Drain off excess fat.

Add rest of ingredients. Cover tightly and cook about 1-1/2 hours.

### TOP-OF-STOVE SCALLOPED POTATOES

Makes 4 servings; 3 cups.

1-1/2 cups reconstituted nonfat dry milk  
5 medium potatoes, sliced  
1 small onion, sliced  
1 teaspoon salt  
Pepper, as desired  
2 tablespoons margarine  
2 tablespoons flour  
1/4 cup fine dry bread crumbs

Put milk in a pan. Add potatoes, onion, salt, and pepper.

Cover and cook over low heat 15 to 20 minutes until potatoes are tender.

Melt margarine. Stir in flour. Mix in most of the hot milk from potatoes.

Pour flour mixture over potatoes and heat gently until sauce is thickened.

Sprinkle potatoes with bread crumbs.

### TUNA AND MACARONI

Makes 4 servings; about 4 cups.

About 2 cups drained, cooked macaroni (1 cup uncooked)  
1/4 small onion, chopped  
3 tablespoons flour  
1/2 teaspoon salt  
2 cups reconstituted nonfat dry milk  
6-1/2-ounce can chunk tuna

Leave drained macaroni in cooking pan. Add onion.

Mix flour and salt with a little of the milk until smooth and thin enough to pour.

Add rest of milk to macaroni; stir in flour mixture. Cook and stir gently until thickened.

Add tuna. Heat, stirring just to keep from sticking.

#### VEGETABLE SOUP WITH BLACKEYE PEAS

Makes 4 servings; 7 cups.

3/4 cup dry blackeye peas

1-1/4 quarts (5 cups) water

4 beef bouillon cubes

1 medium potato, cut up

1 small onion, sliced

1 stalk celery, cut up

10-ounce package frozen, mixed vegetables

2 tablespoons margarine

Salt and pepper, as desired

Wash blackeye peas. Put in large pan with water and bring to boiling. Boil 2 minutes. Cover and let stand 1 hour.

Return to boiling. Add bouillon cubes and fresh vegetables.

Cover and cook 15 to 20 minutes until vegetables are almost tender.

Add frozen vegetables and margarine. Boil gently about 15 minutes longer until vegetables are tender and flavors are blended.





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